



## A Course in Miracles Mentoring ©

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### DAY 63 – I AM LOVED

#### Key Topics:

- If you knew the meaning of God's Love, despair would be impossible
- Many people fear God and most have low expectations
- Saying God's Name invites angels to surround you
- Lengthy prayers are not needed
- The more you know God, the more you will know His Love
- God wills that I be saved from this
- Love will be known through your forgiveness
- I am sustained by the Love of God
- As you practice the principles, the light will return to your mind
- The memory of God comes to a quiet mind

#### **If you knew the meaning of God's Love, despair would be impossible**

If you think about someone you love, whether it be a person or a pet, and how much you love them, God's infinite love for you is much greater than this. If you tune into your love and how deeply it runs from your heart, and how you would do just about anything for this one you love, God's love for you is greater than this. If you pause to reflect on the combination of every loving thought you have ever given or received, God's love for you is greater than this. You are dearly and deeply loved by your Creator and it is His Will that you know his love in oneness, certainty, and peace. In ACIM Lesson 168, it says, **"If you but knew the meaning of His Love, hope and despair would be impossible.** For hope would be forever satisfied; despair of any kind unthinkable. His grace His answer is to all despair, for in it lies remembrance of His Love. **Would He not gladly give the means by which His Will is recognized? His grace is yours by your acknowledgment. And memory of Him awakens in the mind that asks the means of Him whereby its sleep is done."** ACIM Lesson 168.2

#### **Many people fear God and most have low expectations**

For many people, God is seen as a supreme being; judgmental, wrathful, and to be feared. The ego loves this definition because it turns most people away from deepening their relationship with God. For some people, God is seen as a last resort and they have a low expectation that God will actually answer their call for help. Then there are those who won't even use the word "God" because they were so badgered and frightened with this word in childhood. This is the clever work of the ego in its attempts to turn you away from God, so you will never remember the greatness of His Love, your True Self, or your Divine Inheritance.

### **Saying God's Name invites angels to surround you**

In A Course in Miracles, it says that just saying God's Name invites angels to surround the ground on which you stand. I have experienced this first hand, during times when I have been in danger and also once when my life was threatened. I said the Lord's Prayer out loud and my perpetrator unloaded his weapon, threw it down, and walked away. I love the imagery mentioned in the following quote, as it makes you feel calm and safe just reading it.

"God's Name can not be heard without response, nor said without an echo in the mind that calls you to remember. Say His Name, and you invite the angels to surround the ground on which you stand, and sing to you as they spread out their wings to keep you safe, and shelter you from every worldly thought that would intrude upon your holiness." ACIM Lesson 183.2

### **Lengthy prayers are not needed**

The Course teaches that whenever you say the word "God", you communicate directly with your Creator through the Holy Spirit. (You might think of Holy Spirit as your phone line.) Lengthy prayers are not needed. In ACIM Lesson 183, it says, "You can simply turn to the Name of God for your release, and it is given you. No prayer but this is necessary, for it holds them all within it. Words are insignificant, and all requests unneeded when God's Son calls on his Father's Name. His Father's Thoughts become his own. He makes his claim to all his Father gave, is giving still, and will forever give. He calls on Him to let all things he thought he made be nameless now, and in their place the holy Name of God becomes his judgment of their worthlessness."

### **The more you know God, the more you will know His Love**

Once you are willing to bypass the lies and deception offered by your ego about what God is, you will begin to have your own direct relationship with God and you will learn of the greatness of His Love for you. You can start by turning to God (via the Holy Spirit) for help on little things, such as: lost items, directions, scheduling, traffic delays, what to wear, etc., and then work up to the bigger concerns, such as: healing from illness, conflict in relationships, impossible situations, financial challenges, etc. The more you know God, the more you will be certain about His Love for you. It is also helpful to meditate on the word "God", allowing all other thoughts to leave your mind, letting God know You want to be awake and to know His love.

### **God wills that I be saved from this**

In ACIM Lesson 235, it says, "I need but look upon all things that seem to hurt me, and with perfect certainty assure myself, '**God wills that I be saved from this**' and merely watch them disappear. I need but keep in mind my Father's Will for me is only happiness, to find that only happiness has come to me. And I need but remember that God's Love surrounds His Son and keeps his sinlessness forever perfect, to be sure that I am saved and safe forever in His Arms. I am the Son He loves. And I am saved because God in His mercy wills it so.

*Father, Your Holiness is mine. Your Love created me, and made my sinlessness forever part of You. I have no guilt nor sin in me, for there is none in You."*

### **Love will be known through your forgiveness**

You will not know how loved you are until you are willing to forgive everyone for everything. Your judgments against yourself and others are blocking you from the greatness of God's love for you. Every time you hold a grievance, you are holding a dark veil over the face of Christ and this blocks the light of God's ever-present love from your awareness.

In Chapter 31, it says, "Temptation has one lesson it would teach, in all its forms, wherever it occurs. It would persuade the holy Son of God he is a body, born in what must die, unable to escape its frailty, and bound by what it orders him to feel. It sets the limits on what he can do; its power is the only strength he has; his grasp cannot exceed its tiny reach. **Would you be this, if Christ appeared to you in all His glory, asking you but this: Choose once again if you would take your place among the saviors of the world, or would remain in hell, and hold your brothers there. For He has come, and He is asking this.**" ACIM Ch.31.VIII.1

### **I am sustained by the Love of God**

The Love of God is the only thing that will sustain you in all circumstances. You place your faith in many other things, yet each of these will fail you because there is no worthy substitute for the Holy Son of God. Only the Love of God will protect you and sustain you in all circumstances.

In ACIM Lesson 50, it says, "Here is the answer to every problem that will confront you, today and tomorrow and throughout time. In this world, you believe you are sustained by everything but God. Your faith is placed in the most trivial and insane symbols; pills, money, "protective" clothing, influence, prestige, being liked, knowing the "right" people, and an endless list of forms of nothingness that you endow with magical powers. **All these things are your replacements for the Love of God.** All these things are cherished to ensure a body identification. They are songs of praise to the ego. Do not put your faith in the worthless. It will not sustain you. **Only the Love of God will protect you in all circumstances.** It will lift you out of every trial, and raise you high above all the perceived dangers of this world into a climate of perfect peace and safety. It will transport you into a state of mind that nothing can threaten, nothing can disturb, and where nothing can intrude upon the eternal calm of the Son of God.

Put not your faith in illusions. They will fail you. Put all your faith in the Love of God within you; eternal, changeless and forever unailing. This is the answer to whatever confronts you today. Through the Love of God within you, you can resolve all seeming difficulties without effort and in sure confidence. Tell yourself this often today. It is a declaration of release from the belief in idols. It is your acknowledgment of the truth about yourself... Let the idea for today sink deep into your consciousness. Repeat it, think about it, let related thoughts come to help you recognize its truth, and allow peace to flow over you like a blanket of protection and surety. Let no idle and foolish thoughts enter to disturb the holy mind of the Son of God. Such is the Kingdom of Heaven. Such is the resting place where your Father has placed you forever."

ACIM Lesson 50

**As you practice the principles, the light will return to your mind**

Do you not realize the greatness of God's Love for you? As you practice these principles and allow your thoughts to be healed by your Teacher of Peace, you will experience the light of awareness and the memory of God returning to your mind. You are the Holy Child of God; free of all limits, loved, precious, innocent, safe, healed, sinless, and whole. As you are willing to see this in others, you will come to know and experience it within yourself. As the veil of darkness and guilt is lifted from the face of Christ, the greatness of God's Love will rise up from within you where it never left.

In ACIM Lesson 156, it says, "There is a light in you which cannot die; whose presence is so holy that the world is sanctified because of you. All things that live bring gifts to you, and offer them in gratitude and gladness at your feet. The scent of flowers is their gift to you. The waves bow down before you, and the trees extend their arms to shield you from the heat, and lay their leaves before you on the ground that you may walk in softness, while the wind sinks to a whisper round your holy head. The light in you is what the universe longs to behold. All living things are still before you, for they recognize Who walks with you. The light you carry is their own. And thus they see in you their holiness, saluting you as savior and as God. Accept their reverence, for it is due to Holiness Itself, which walks with you, transforming in Its gentle light all things unto Its likeness and Its purity." ACIM Lesson 156.4-5

**The memory of God comes to a quiet mind**

God is love and so are you as the Holy Child of God. You cannot be anything other than what your Creator created you to be. Your mistakes do not matter. Your failures have no meaning. As you forgive yourself, you are forgiven. As you release yourself, you are released. For anything that seems to hurt you, you can say, "God Wills that I be saved from this" and it is done.

Today, we join together in raising our expectations of the Love of God as we enjoy the safety, power, abundance, happiness, purity, unwavering support, and consistency of all It represents, as we declare:

*I am the Holy Child of God, Himself.*

*I have no other plan and there is nothing else I would rather be.*

"The memory of God comes to the quiet mind." ACIM Ch.23.I.1

"And so today we do not choose the way in which we go to Him. But we do choose to let Him come. And with this choice we rest. **And in our quiet hearts and open minds, His Love will blaze its pathway of itself.** What has not been denied is surely there, if it be true and can be surely reached. God knows His Son, and knows the way to him. He does not need His Son to show Him how to find His way. Through every opened door His Love shines outward from its home within, and lightens up the world in innocence." ACIM Lesson 189.9